

# DINNERLY



## Harissa Braised Beef with Green Beans and Almond Rice



25 minutes



2 Servings

Bring the exotic flavours of North Africa to the table with this punchy harissa beef. Simmer with green beans, then tumble onto almond-studded rice and serve with cooling pickled carrot.



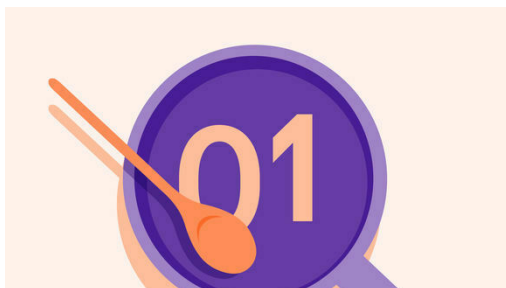
- 150g jasmine rice
- 200g green beans
- 2 carrots
- 40g slivered almonds <sup>15</sup>
- beef mince
- 5g harissa seasoning <sup>17</sup>

- 1 tsp white vinegar
- 1 tsp sugar
- 1½ tbs olive oil
- 1½ tbs tomato paste

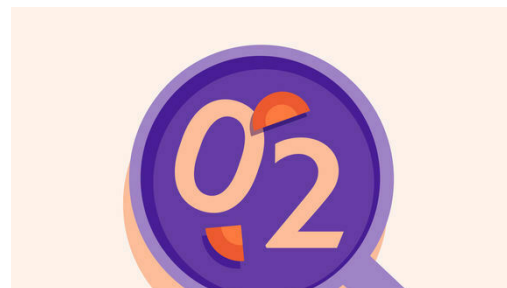
- small saucepan with lid
- julienne peeler or box grater
- medium deep frypan with lid

Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

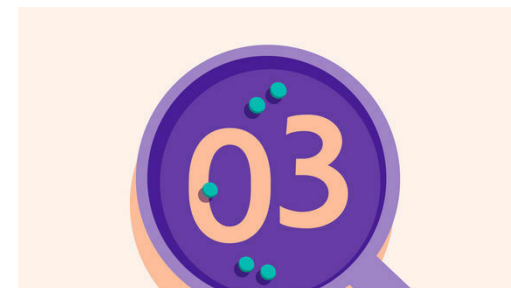
Energy 880kcal, Fat 46.0g, Carbs 84.1g,  
Proteins 49.5g



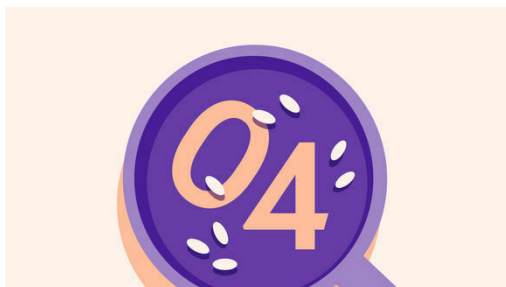
Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



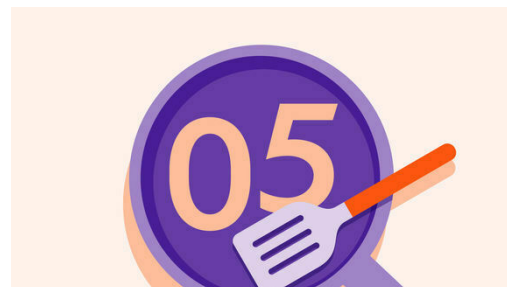
Meanwhile, trim the **beans** and cut into thirds. Peel the **carrots**, then shred using a julienne peeler or coarsely grate with a box grater. Combine **1 tsp white vinegar**, **1 tsp sugar** and a **pinch of salt** in a large bowl. Add the carrot and toss well to combine. Set aside to pickle, tossing occasionally, until needed.



Put the **almonds** in a cold medium deep frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan. Heat **2 tsp olive oil** in the pan over high heat. Cook the **beef mince**, breaking up the lumps with a spoon, for 3-4 mins until browned.



Add the **harissa seasoning** and **1½ tbs tomato paste** to the beef mixture and cook, stirring, for 1 min or until fragrant. Add the **beans** and **125ml (½ cup) water** (see Make it yours) and season with **salt and pepper**. Cover and cook for 4 mins or until the beans are tender.



Stir the **almonds** and **1 tbs olive oil** through the rice and season with **salt and pepper**. Divide the **almond rice** among plates, top with the **harissa beef** and **pickled carrot mixture** and enjoy!



If you'd prefer the harissa beef to be more saucy, add an extra 60ml (¼ cup) water in Step 4.



**Packed in Australia**  
from at least 80%  
Australian ingredient.